

## Icebreaker

Have you experienced "spiritual dryness"? Share with the group what that was like and how you handled it... or how you are handling it.

***During this series, we will be looking at four different "B" words that are instrumental in causing spiritual dryness and a general decline in our faith. The first word is "Blocked."***

## Being Spiritually "Blocked"

Read Psalm 32. Hebrew poetry works in parallelism. Phrases are put in parallel structures so that one phrase highlights and expands on the meaning of the other. Compare the middle phrase of verse one to its parallel in verse two. What is David saying about God's forgiveness?

Compare the third phrase of each verse. What do you think he's trying to say there?

If God's forgiveness "covers" sin, why are we so tempted toward deceit?

Verses 3-5 describe a time in David's life when he "covered" his own sin in deceit, and felt God's hand against him before eventually confessing the sin to God. Can you relate to his experience?

A spiritual "block" is a secret sin that damages your relationship to God and causes him to respond by putting his "hand" against you and sapping you of your joy. What does it mean to you that God responds to sin that way?

David dealt with his sin by naming it and confessing it to God. What does it mean to you that God immediately forgave him?

David spends the majority of the Psalm talking about the blessings of forgiveness. What are some of the blessings you see?

## Take it Home

Our conclusion from Sunday was that to overcome a block in our spiritual lives, we need to identify and confess secret sins, embrace the forgiveness offered by God, and worship God with rejoicing and singing.

What does this lesson mean to you? What do you think your next step is?

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